

Healthy Snacks

Prepare healthy snacks ahead of time. Keep a bowl of fresh fruit on the kitchen counter instead of a bag of chips!

Snacks can provide energy and nutrients. Young children need snacks because their stomachs are small and cannot hold enough food to last more than a few hours.

Here are some suggestions for healthy snacks:

- Cottage cheese and fruit*
- Fresh fruit*
- Cheese on crackers*
- Fresh vegetables*
- Yogurt
- Dry WIC cereal
- Hard-boiled eggs (after age 1)
- Quesadillas
- Peanut butter* on crackers (thin layer of peanut butter for greater than age 2)

*Be aware of snack foods that can cause young children to choke. See [Preventing Your Child from Choking on Food](#)